The Arc NW Wayne County
Annual Meeting & Election of Board of Directors
Annual Awards
Thursday, May 23, 2019
6:00pm - 8:30pm
@ One Under
35780 Five Mile Road
Livonia 48154
$16 per person
Must register before May 15th
Send check with attendees’ names to The Arc NW

2019 The Arc NW Annual Meeting
THURSDAY
MAY 23, 2019
List NAMES of Attendees:
_________________________  ______________________
_________________________  ______________________
_________________________  ______________________
TOTAL - Full Dinner $16 per Person  ____________

Mail Registration & Payment
with
Names of Attendees to:
The Arc NW Wayne County
26049 Five Mile Rd.
Redford, MI 48239
Dear Friends,

Coretta Scott King said, "The greatness of a community is most accurately measured by the compassionate actions of its members." The Arc NW embodies this as each member contributes heart and soul to building inclusive communities! It is fitting that we celebrate the mission and accomplishments of The Arc NW at our Annual Meeting. This has been an extraordinary year of change and the beginning of new growth. We will look back over the year and share the joy of achievements. We will celebrate with awards to those who have given of themselves in significant ways. We will also begin looking ahead at goals for the rest of 2019, dreams for 2020, and The Arc NW’s 60th anniversary in 2021. Please come join in great conversations around a meal, fun on the dance floor, and honoring all of you who make The Arc NW community great! See you there on May 23!

Gretchen Sanewsky
Executive Director
Highlights...
The Arc NW’s Executive Director, Gretchen Sanewsky, and board member, Jean Walsh, attended the Disability Policy Seminar April 7-10, 2019 in Washington D.C. There were over 900 attendees from every state and territory in the union! Michigan was well represented with 28 attendees and Rep. Debbie Dingell as a featured speaker!

Important topics discussed were:
► Community Living, Long Term Supports and Services: Medicaid support, Money follows the person, and strong implementation of the Home and Community Based Services Rule.

► Education: All students can benefit from post secondary education (only 20% of students with I/DD attend college) – employment, trained teachers, and safe schools.

► Employment: People with disabilities want to work (only 19.1% are included in the workforce); strong implementation of the Workforce Innovation and Opportunity Act, and continued support for community-based employment.

► Social Security and SSI: Protect these benefits and improve by addressing asset limits, marriage penalties, etc.

► ABLE age adjustment: Increase to 46 years of age.

In the closing session Talilia Lewis, Attorney, Advocate, and Organizer spoke about ableism. She defines this as the value of people’s bodies and minds being defined by what society sees as “normal”. She went on to describe how this is a systemic issue and must be addressed at that level if all people are to be fully included. Her example of a current issue around ableism is immigration. Our nation’s borders dictate who is in and who is out. When people flee persecution, as any reasonable person would do to stay safe, we label them as behaving inappropriately or even as criminal. Lewis maintains that society applies similar thinking in other areas such as literacy, education, and the ability to work. She urged us to ensure that ableism doesn’t define how people with I/DD are included because disability rights are human rights.
The Chicken dinner dance was held on Friday, April 12, at Canton High School. We had a fantastic turnout of over 200 members that came to this fun event! We all enjoyed Lee’s Chicken tenders, mashed potatoes with gravy, coleslaw, biscuits, honey, ice cream cups (vanilla, chocolate, strawberry), Easter eggs with chocolate candies, water, and pop. Thank you to Randy and Mark for providing our D. J. music for dancing. The floor was filled with dancers!

Congratulations to our raffle winners: Steve Emrich, Patty Munn, Kelly Rozen, Marcus Ely, Kate Marganti, Debbie Huzliak, Nichole Brey, Carl Solak, Rosie Bradbury, and Renee Nimansi.

Don’t forget to mark your calendar for our LAST event this spring: Ice Cream Social Dance, Friday, May 10, 6:30-9:30, Canton High School, PRE-PAY at the Arc by May 1, 2019.

Happy Spring,
Jackie

**JUST FUN CLUB NEWS**

**May Sports Report by Janice Bearden**

The event of the year is here! THE SPORT PROGRAM BOWLING FUNDRAISER. Don’t forget it’s at Westland Bowl on Friday May 3rd. Hope to see you all there. If this newsletter comes out after the event, I hope you all had fun! Thank you to everyone who is helping or had helped with this event.

Swimming and Field & Track Spring Area Games will be Friday May 10th at Franklin High School. State games will be at Central Michigan University May 31st – June 2nd. Good Luck to all the athletes. Thank you, coaches and volunteers for your months of hard work and your time.

I found something interesting while reviewing Coaches Corner on the SOMI website. It’s a free fitness program to which everyone has access. The program is called “Fit 5 Training”. It gives you training guides, a tracker, and fitness cards for different levels of ability. It also has strength, endurance, balance and flexibility exercises you can do at home or outside. Best of all no equipment is needed. Please check it out. To review go to: SOMI.org, click on Coaches Corner, scroll down to Fit 5 training and click on it.

Don’t forget to pay your Arc membership dues!

**The Arc Sports News**
Adaptive MoGo Demo Day
Cullen Plaza on the Detroit Riverwalk
2 - 4pm on Friday, May 31
FREE INFORMATIONAL EVENT

MoGo is Detroit’s first public bike sharing system, with 430 bikes at 44 stations across 10 Detroit neighborhoods. Designed for quick trips around town, MoGo is a fun, flexible and convenient way to get around.

Learn More at:
mogodetroit.org

Get a Pass: Purchase a pass online, with the Transit App, or at any one of our 44 stations. Cash payment and flexible payment options are available.

Get a Bike: Pick up a bike at any one of our 44 stations. Take as many short rides as you want while your pass is active. Passes include unlimited trips under 30 minutes.

Get it Back: Return the bike to any station. Slide the bike firmly into an empty dock, and wait for the green light to make sure it’s locked.

JFC
Friday, May 10
6:30 - 9:30pm
Canton High School
Pre-pay $5 at The Arc by Wednesday, May 1, 2019

DANCE

GUYS & DOLLS
SATURDAY AFTERNOON BOWLING
OAK LANES
For more info please contact:
Jim Gallas 248-318-8856 (cell) or jagallas@comcast.net

Last day of bowling: Saturday, May 11
End of Season Banquet/Awards Ceremony
Saturday, May 18, Joy Manor  Noon - 3:00pm
NEXT SEASON will start Saturday September 7, 2019

The Arc Early Birds Bowling League

Morning Bowling will resume in the Fall.

We bowl every other Saturday morning at 9:00 at Oak Lanes on Middlebelt in Livonia. It’s a fun league made up of bowlers with a variety of skill levels. If you want to join, please call Vicki Soto at 734-422-3732.
Donations

In Honor of The Arc Athletic Program
Kings and Queens Bowling League

Lonnie Schultz
Andrea Ozog
Dave and Janelle Hansen

Memorials

In Memory of Raymond Murawski
Dan and Ann Murawski
Martin and Janet Schultz

In Memory of Nancy Barnes
Jay Lambert and Family
Anne Munn
Carole Krol
Brenda Neely
Parkside Dental Team
Dave and Roberta Dumont
Barbara Ostrander

Won't you join & support The Arc NW as a member?
The Arc NW provides advocacy, support and information on disability-related issues across the lifespan.

We seek - and work - to build a more inclusive community.

See the Membership form on the back page of this newsletter or join us online at www.thearcnw.org

Achieve with us.

If you hear of the passing of an Arc member please let us know. Help us honor the memories of our members and support one another through difficult times.

Call The Arc NW office at 313-532-7915
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**CHECK IT OUT!**
The Arc of Northwest Wayne County's Web Site thearcnw.org
Each edition of this newsletter is prepared for mailing by volunteers from Zeta Tau Alpha.

Inside The Arc is also available online at thearcnw.org
Call 313-532-7915 to end your printed mailed newsletter.

Membership Application

Name ____________________________________________________________

Email Address ___________________________ Daytime Phone ____________________________

Address ____________________________

City __________________________ State _______ Zip ______________________

Name __________________________________________ Birth Date ________________

(Address line above for member(s) with intellectual and developmental disability)

Address (if different) __________________________

Telephone (if different) __________________________

Welcome!

Membership Dues

☐ New Member            ☐ Renewing Member            ☐ Associate Member

☐ $35 Annual Family or Group Home Membership

☐ $25 Individual Membership

☐ $25 Associate Membership

DONATIONS ☐ $10 ☐ $25 ☐ $50 ☐ $100 ☐ $150 ☐ _______Other